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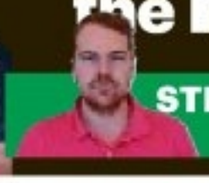

STEVE GOETZ METRO'S REPORTER IN CLEVELAND metroNEWS

Ottawa metro

Your essential daily news | TUESDAY, JULY 19, 2016

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SORRY

Feds apologize for pay system affecting 80,000 staffers

metroNEWS

PIE IN THE SKY?

BUCKLE UP OTTAWA, BECAUSE DINNER IS ABOUT TO BE SERVED

metroNEWS

House values up

OTTAWA

... but the 3.45% rise is minor compared to Ontario average

Lucy Scholey
Metro | Ottawa

The average Ottawa homeowner will see a meagre increase in property values this year compared to the rest of the province.

According to the city's new property assessments — which the Municipal Property Assessment Corporation (MPAC) started mailing out on Monday — Ottawa's average home value increased by 3.45 per cent over four years, amounting to a 0.86 per cent annual increase.

It's peanuts compared to the provincial average of 18 per cent.

"Being a government town, there is a tentative market here due to election talk and government influence," said Andrew Loney, director of valuation with MPAC.

The last home assessments in 2012 saw a 25.9 per cent jump in Ottawa home values. Big jumps are not uncommon in large cities, said Loney.

MPAC assesses more than five million homes in Ontario. The major factors affecting are location, dimensions, the living area, age, and quality of construction.

Those who think their homes were unfairly assessed can apply for reconsideration by Nov. 15.

Loney said homeowners should ask themselves if their properties could have sold for their assessed values on Jan. 1 of this year. "If the answer is yes, then there's no further action that's required," he said. "If not, then we are committed to working with them to get it right."

Less than three per cent of homeowners in Ontario applied for reconsideration in 2012 and about half were successful.

More coverage, page 3

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If the walls could talk

HERITAGE

The historic Lord Elgin Hotel marks 75 years

Emma Jackson
Metro | Ottawa

The Lord Elgin Hotel turns 75 Tuesday, but for most of us it's hard to imagine Elgin Street without it.

Built in 1941 to fill a glaring gap in the capital's growing tourist and government industries, the hotel was a pet project of then-Prime Minister William Lyon Mackenzie King.

He wanted to make Ottawa a world-class capital and fought to ensure the 12-storey structure would complement Parliament Hill down the street. But with its copper dormers and limestone walls, it still wasn't built to be as luxurious as the Chateau Laurier down the street, said marketing director Ann Meelker, even though it had the same architects.

"It was built to meet the needs of the incredible amount of travel during the war," she said. "It was not grandeur inside, but it was lovely."

Today, art deco features live on in the hotel's bay of original brass elevators and the lobby's prominent brass mailbox, which Canada Post still serves daily.

The lobby's windows are original, but the bust of the hotel's namesake, former Governor General and eighth Lord Elgin James Bruce, is not.

The original marble busts of Lord and Lady Elgin now live at Rideau Hall.

According to Meelker, they were moved there for an exhibit in the 1980s and never returned. The hotel eventually dropped that fight, settling for replica busts on either side of the lobby doors. A portrait of Lord Elgin also hangs on the main floor, on loan from the Governor General's residence, Meelker said.

The stately structure was built with alarming speed, breaking ground in September 1940 and opening the following July.

Since then, the hotel has been renovated a few times, including the addition of two major wings in 2001. It's undergoing an interior overhaul right now to prepare for Canada's 150th anniversary celebrations in 2017.

Situated on the city's ceremonial boulevard, the hotel regularly plays host to both political and popular VIPs. The Dalai Lama has stayed there twice, and U2 singer Bono discussed the AIDS epidemic there with Prime Minister Paul Martin in 2004. The current Lord Elgin still stays there when he's in Ottawa. The hotel is also connected to Ottawa's early LGBTQ scene, having had an unofficial gay bar in its basement through the 1960s and '70s.

1

2

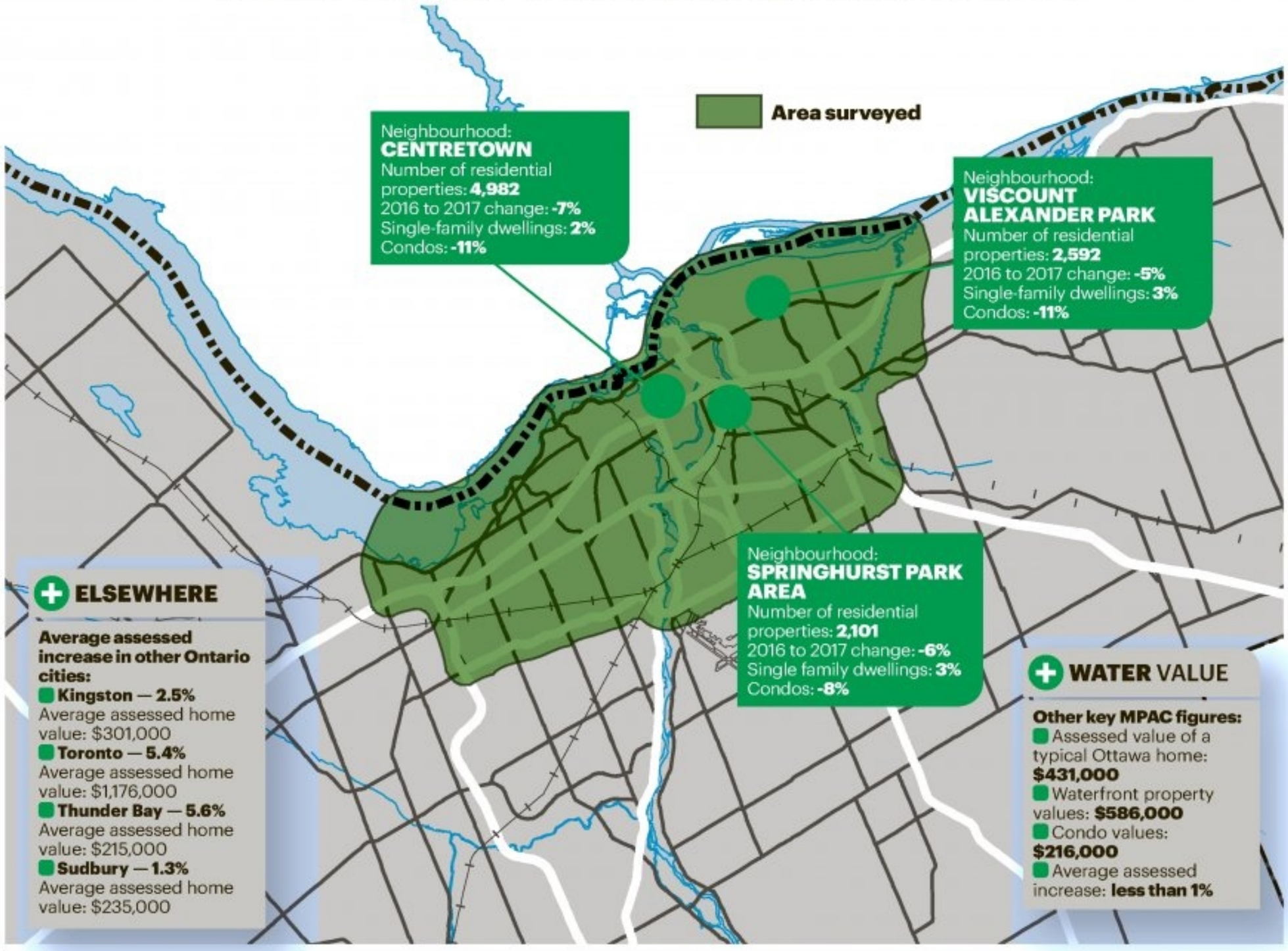
3

4

1 Celebrate the Lord Elgin Hotel's 75th birthday with free birthday cake served outside the lobby at 11:30 a.m. Tuesday. EMMA JACKSON / METRO 2 A replica bust of the eighth Lord Elgin James Bruce adorns the hotel lobby. The original marble bust was sent to Rideau Hall for an exhibit in the 1980s, but was never returned. EMMA JACKSON/METRO 3 Lord Elgin's marketing director Ann Meelker shows off the original lobby mailbox that Canada Post still serves daily. EMMA JACKSON / METRO 4 Prime Minister William Lyon Mackenzie King, left, helps Ottawa Mayor Stanley Lewis lay the Lord Elgin Hotel's cornerstone — complete with time capsule — in February 1941. COURTESY LORD ELGIN HOTEL

Ottawa property values at a glance

Average home values in the capital city went up by 3.45 per cent over the past four years — an uptick that is far below the provincial average. Here's a look at some of the numbers and key changes in recent times:



KITCHISSIPPI

Making most of market

Lucy Scholey
Metro | Ottawa

Kitchissippi residents have a booming market to thank for the spike in their home values, according to city officials.

The average Kitchissippi home value increased by 7.35 per cent between 2012 and 2016, according to the Municipal Property Assessment Corporation (MPAC) figures, which are reassessed every four years.

"It's really a hot market," said deputy city treasurer Wendy Stephanson, pointing out hip neighbourhoods like Hintonburg and Westboro during a technical briefing about the assessments on Monday.

Meanwhile, Somerset ward will see its property values plummet by an average of 0.21 per cent. That's because there's a condo boom in that neighbourhood. Citywide, condo values decreased by an average of five per cent.

"With more inventory, with more options, it's putting some downward pressure on some of the older units within the city," said Andrew Loney, director of valuation with MPAC.

All the home value changes will be phased in year over year — at a citywide average of 0.86 per cent more per year. Those values that dropped, however, will see an immediate assessment reduction, with no phase-in.

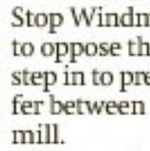
So what does this mean for your tax bill?

Property values that spiked on par with the city average should not see any tax impact. Those below the average will see a drop on their tax bills, while those above will see an increase.

Zibi protests ramping up

DEVELOPMENT

Group unhappy with response to their concerns



Haley Ritchie
Metro | Ottawa

Stop Windmill spokesman Kevin Skerrett addresses a crowd of protesters outside Catherine McKenna's office Monday. HALEY RITCHIE/METRO

Protesters against the Zibi development said they're determined to ramp up their efforts after receiving a lacklustre response from the federal government on Monday.

Algonquin Elder Albert Dumont joined a group of Stop Windmill protesters on Monday at Ottawa Centre MP Catherine McKenna's office to receive a response to their request to block the development.

The letter thanks the protesters for sharing their concerns, but notes that "the majority of the land involved in the Zibi Project is part of a private sale between Domtar and Windmill" and said that dialogues are underway between the developer and Indigenous people.

Last month, Dumont and Stop Windmill asked McKenna to oppose the development and step in to prevent the land transfer between the NCC and Windmill.

Green developer Windmill wants to transform the Chaudiere and Albert Islands into a mixed residential and commercial community between Hull and Ottawa.

The company has formed partnerships with the Algonquins of Ontario and Pikwàkanagàn, but a number of other Algonquin leaders have opposed the development and want to see the islands turned into parkland.

"I think there's a lot of movement in the government and I'm disappointed by the response, for sure," said Michel Lacroix, an Algonquin who lives in Ottawa and opposes the development. He worked as a volunteer on the Liberal election campaign.

While Windmill has promised to incorporate parkland and a public viewing platform of the Chaudiere Falls, Lacroix has an alternative vision.

He said he'd like to see the hydroelectric dam removed and the area become an ecotourism destination where powwows and ceremonies could be held.

After reading the letter out loud, Stop Windmill spokesman Kevin Skerrett said the group would continue to ramp up efforts to convince the Liberal government to intervene.

They plan to start a petition asking residents to pledge not to vote for McKenna until she steps in and involves community associations.

COURTS

Mountie's trial to wrap up

The trial of a suspended Mountie accused of chaining his 11-year-old son naked in the basement of the family home and starving him is wrapping up.

Monday, after a behind-the-scenes meeting with Crown prosecutors and lawyers for the Mountie and the boy's stepmother, Ontario Superior Court Justice Robert Maranger agreed to accept written submissions from all parties.

Crown lawyer Mike Boyce said it's not an unusual move, but one that could result in the judge reaching a verdict sooner, possibly by early fall.

The one-time officer with an RCMP anti-terrorism unit and the boy's stepmother were charged in February 2013 in what Ottawa police described as one of the worst cases of abuse they had seen.

The couple face charges of aggravated assault, forcible confinement and failing to provide the necessaries of life. The woman is also charged with assaulting the boy with a weapon, while the man, who on leave since 2011, faces other charges of sexual assault causing bodily harm and assault with a weapon.

The case goes back to court on Thursday, when the judge could decide on a verdict date.

THE CANADIAN PRESS

CHARGES

Australian police tipped off OPP

Emma Jackson
Metro | Ottawa

A Kanata man faces multiple child porn charges after an Australian police force tipped off the OPP.

According to the Ontario Provincial Police, investigators from the Queensland Australia Federal Police discovered an unknown person making child porn available online in June. When they identified him as 46-year-old Sean Kenneth Casiple-Lueck living in Kanata, they turned the investigation over to Ontario police.

After a five-week investigation, members of the OPP's child sexual exploitation unit searched Casiple-Lueck's house on July 13 and seized three computer devices containing child porn, the OPP said.

Casiple-Lueck has been charged with one count of making child pornography, two counts of possessing child pornography, one count of making child pornography available and one count of voyeurism.

He is being held in custody and was due to appear in court for a bail hearing on Monday.

The investigation is ongoing.

CRIME REPORTS

Ottawa police investigate third stabbing in city since Saturday night

Ottawa police are investigating a third stabbing since Saturday evening, after another incident happened overnight in the city's downtown core.

At approximately 2:45 a.m. Monday, police were called to the 200 block of Slater Street, between Bank Street and O'Connor Street.

A man suffered a single, non life-threatening stab wound. He was taken to hospital.

The police have no suspects currently in custody and they do not have a suspect description at the moment.

METRO

Witnesses sought in motorcycle crash that killed two people

Police are looking for witnesses after two people died in an east-end motorcycle crash on Sunday.

The collision on Montreal Road near the Highway 174 off-ramp involved three cars and a motorcycle. Paramedics were called shortly after 4:30 p.m.

The crash left a 49-year-old motorcycle driver dead at the scene, along with his 34-year-old female passenger. Paramedics said both were in cardiac arrest when they arrived.

Investigators in the Ottawa Police Service's collision investigation unit want to talk to anyone who witnessed the crash or saw what happened just before.

The police are asking that anyone with information about the crash call 613-236-1222 ext. 2481, or anonymously through Crime Stoppers at 1-800-222-8477.

EMMA JACKSON/METRO

ATTACKS

Charges laid in market stabbings

Joe Lofaro
Metro | Ottawa

Ottawa police have laid charges in a multiple stabbing incident in the ByWard Market last weekend.

In one of two overnight stabbings, police say three male suspects swarmed a group of five people, four of whom were stabbed. One of the victims was sent to hospital in critical condition following the attack.

On Monday, police charged Mohamed Mohamed, 26, and Ali Abbari, 21, both of Ottawa, with four counts of aggravated assault, four counts of assault with a weapon, and three counts of failure to comply with conditions. A third male was released without charges.

The two accused are scheduled to appear in court Monday. Police seek a male suspect from a Saturday stabbing at 10 p.m. near Rideau and Waller streets.

Errors on federal paycheques

Treasury Board President Scott Brison told a Commons committee in April the decision to consolidate pay operations in a new pay centre in Miramichi, N.B., was made by the previous Conservative government to replace a 40-year-old system. BRUCE CHEADLE/THE CANADIAN PRESS

TREASURY

Glitches, inexperience plague new pay software

The federal government apologized Monday for a mammoth problem with its new pay system that has impacted more than one-quarter of its roughly 300,000 employees, some who say they've been forced into dire financial circumstances.

Some 400 civil servants can expect emergency payments by the middle of next week but government officials said it could take months to fully correct the system.

In the meantime, the government is exploring ways it can compensate employees for out-of-pocket expenses resulting from the pay predicament, such as reimbursements for bank and credit card fees.

"I'll apologize to anyone who's suffering hardship, financial or other, with no problem," Marie Lemay, deputy minister of Public Services and Procurement, said.

"There's many elements and components of this system, and obviously the system is not working."

For months, civil servants have complained about being short-changed on their pay stubs, not being paid enough, or in rare cases being paid more than they should.

80,000

The approximate number of civil servants whose pay has been affected by problems using the new Phoenix pay software.

Some said they hadn't been paid in months, forcing them to max out credit cards, miss mortgage payments and default on student loans.

The problems first arose as a trickle of technical glitches when the government brought the new Phoenix pay program online several months ago, but quickly grew out of control.

"This is really the central reason why we are where we are. It is clear that we underestimated the amount of time that it would take for all users to become trained and familiar with the system."

The majority of problems involve about 80,000 civil servants who didn't receive proper compensation for overtime and other extraneous payments.

But officials said at least 1,100 employees have raised issues surrounding payments for maternity and other leaves and 720 employees have complained of receiving no paycheque at all.

Lemay also called Monday for employees experienced with payroll systems who've left the department to come back temporarily to help resolve the problems and deal with the backlog of cases.

The union, which represents the majority of federal civil servants, has already gone to court over the issue and is vowing to take "significant action" as early as next week if more urgent problems aren't fixed immediately.

THE CANADIAN PRESS

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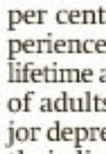

Adam Feibel
Ottawa Business Journal

An Ottawa-based software startup wants to make it easier for people to access mental health services using mobile software that the firm says will also be a lucrative platform for independent therapy businesses looking to expand their client bases.

Terri Storey is the founder and president of Terrace Youth Residential Services.

The company plans to run its youth-focused pilot program in two Canadian communities that made national headlines this year as they grappled with alarmingly high youth suicide rates. Snapclarity is a mobile app startup headed by Terri Storey of Terrace Wellness Group.

The app pairs each user with an associate — a certified therapist or life coach — so they may communicate anytime and anywhere via unlimited text messaging, with the option to purchase additional services such as video calls and traditional in-person counselling sessions.

According to the Canadian Mental Health Association, 20 per cent of Canadians will experience mental illness in their lifetime and about eight per cent of adults will suffer from major depression at some point in their lives, yet only half seek treatment.

Storey, who has nearly 20 years of experience with mental health treatment centres across Ontario as the founder and president of Terrace Youth Residential Services, explains that the idea for the software was to address the three major barriers that prevent people from getting proper treatment: lack of access, time and suitable services for a patient's needs.

"For anxiety, for depression, instead of waiting for weekly appointments, they can have access when it's needed," she says. "It's cost-effective, it can be anywhere, anytime, and we know from research that patients do better when they have access to their therapists on a daily basis."

With a monthly subscription fee of $100 for unlimited text messaging, the costs are lower on average than what one would pay in traditional "brick-and-mortar" settings, she says.

"We just want to get this into people's hands," she says. "It's an evolution — we're trying to change the way mental health is delivered." The app is being developed by Ictinus, the Ottawa-based digital design firm that also worked for local startup Punchtime. Within a month, Snapclarity plans to close out a Series A financing round of about $2 million, which is roughly the startup cost to build and launch the product.

With revenues coming from a 30 per cent cut of subscription fees and transactions made through the mobile platform, Snapclarity is projecting $262 million in revenues in its first 18 months and $2.8 million in monthly recurring revenues by its first year.

The firm's main competitor, New York-based Talkspace, has a very similar concept and already reports 300,000 users and $28 million in financing. But Snapclarity's greatest advantage may be its youth outreach, since many other similar services — TalkSpace included — are only for users over 18.

According to the CMHA, an estimated 10 to 20 per cent of Canadian youth are affected by mental illness, yet only one in five of them receive treatment. Suicide is among the leading causes of death for Canadians aged 15 to 24, accounting for 4,000 deaths per year in that age group and making Canada's youth suicide rate the third-highest in the industrialized world, the CMHA says.

Snapclarity is currently negotiating a deal with an as-yet-undisclosed telecom company that would provide 100 smartphones and accompanying mobile data service for at-risk teens in those two areas to use to access six months of free therapy using the app, she says.

The trial is slated for mid-August, while the full product launch is expected in January.

From a business perspective, Storey sees the app as being advantageous not only for the company itself but also for therapists and coaches — many of them entrepreneurs with their own private practices —looking to reach more clients. It's a "platform for them to be able to service more people and make more money," she says.

Snapclarity is also looking to partner with an Ottawa university to be part of its advisory group and is seeking government contracts to help spread access to services provided by the app.

"My passion is to help as many people as we possibly can," says Storey.

Terri Storey is the founder and president of Terrace Youth Residential Services. OTTAWA BUSINESS JOURNAL

> **For anxiety, for depression, instead of waiting for weekly appointments, they can have access when it's needed.** Terri Storey, founder and president of Terrace Youth Residential Services

LAUNCH OF APP

The app's pilot project will take place in two communities highly affected by youth suicide.

Cross Lake, where six people died by suicide, many of them young people, in a span of two months and 140 attempted suicide in two weeks in Pimicikamak Cree Nation in northern Manitoba; and Woodstock, where high school students walked out of classes in June to draw attention to a spate of suicides and attempted suicides in the small southern Ontario city.

"We feel that's a really good population to use this service," says Storey. "We're communicating with youth in the way that they're communicating now."

Fine dining at 150 feet

SKY LOUNGE

Brave chefs needed to serve food on floating restaurant

Haley Ritchie
Metro | Ottawa

Does the idea of enjoying a cocktail while hanging from a crane give you vertigo?

Ottawa 2017 has announced a call-out for local chefs and restaurants who want to participate in the "Sky Lounge" — a restaurant raised into the air that will accept reservations next summer.

"This is another illustration of how we're going to bring spectacular experiences to Ottawa," said Guy Laflamme, executive director of the Ottawa 2017 Bureau.

The equipment has been used to host similar events in Europe and Laflamme said it was reserved for Ottawa a year ago.

The experience for diners will begin with appetizers and a drink on the ground, before being strapped into chairs on a special 22-person table platform. The platform has open sides to allow for an unobstructed view and a canopy roof.

After diners are secured in with a seat belt, a crane will lift diners, table and chef 150 feet into the air. While the meals will already have been cooked on the ground the chef will explain the menu and add finishing touches.

The dinner is guaranteed to be served alongside a spectacular view of the downtown, but the location hasn't been revealed.

The event will take place for a single week in mid-August 2017, with five dinner times offered per day and six tapas and cocktails, with ticket prices in the hundreds of dollars.

Diners enjoy their meal hosted by Diner Entre Ciel et Terre, a Quebec company that offers the sky-high dining experience. CONTRIBUTED

HEALTH STUDY

Female blood donors linked to higher deaths

Lucy Scholey
Metro | Ottawa

Young and female blood donors may not deliver a long-lasting, healthy life, after all.

In fact, those who receive red blood cell donations from women or youngsters tend to have a higher mortality rate, according to a groundbreaking joint study by the Ottawa Hospital, the University of Ottawa, Université Laval and Canadian Blood Services' Centre for Innovation.

Researchers linked 30,503 blood transfusion recipients to the age and sex of their donors between October 2006 and December 31, 2013. The results have been published in JAMA Internal Medicine.

The findings have perplexed researchers.

"We were expecting younger blood to be better and lead to less mortality," said Dr. Dean Fergusson, a University of Ottawa professor and director of the Clinical Epidemiology Program at the Ottawa Hospital. They're still figuring out why this is the case, but it could have to do with the fact that young people are still exposed to illnesses — their bodies may just deal with it differently.

The findings concerning female-to-male blood donations were less surprising to researchers. It has been a growing thought in science that child-rearing females have different antibodies than men.

However, all this is "observational" evidence, said Dr. Fergusson. That is, researchers used existing data culled from the Canadian Blood Services, the Ottawa Hospital and the Province of Ontario. They have yet to do clinical trials, where they purposely match up different blood donors with different recipients. But those are forthcoming.

Meanwhile, none of this new information is enough to change the Ottawa Hospital's blood donor practices.

"Donors should still donate because blood transfusions are life-saving and that's a really important message," said Dr. Fergusson.

This latest study contradicts earlier studies, which revealed that blood from younger mice was actually an antidote to their little mice elders.

Dr. Fergusson said that evidence in animal studies does not always translate to humans.

Dr. Dean Fergusson
COURTESY THE OTTAWA HOSPITAL

IN BRIEF

Sewage spills are up, but most beaches remain open

We're swimming just as much as last year, we're just doing it in more sewage.

Petrie Island's east bay beach was closed Monday due to high E. Coli levels, but all other beaches were open to swimmers.

Nearly double the amount of raw sewage has overflowed into the Ottawa River between July 1 and July 18 compared to the same period last year: 84,000 cubic metres in 2016 versus 46,500 m3 in 2015.

And halfway through the season we're already more than 51,000 m3 ahead of the total volume for all of 2015, according to city data. EMMA JACKSON/METRO

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What's Pokéing around in Canada

Pokémon Go has been in Canada officially for one day, and already it's spurring people and businesses to creativity. Here's some updates on what people across the country are doing with the augmented-reality game.

metro WINNIPEG

Want to hunt more Pokémon more quickly? Want someone to level up your Pokémon Go account? There's a Winnipegger for that.

Crafty 'Peggers are offering their Pokémon Go services to those who just don't have time to bring their Pokémon Go levels up. They've got day jobs, after all.

One Winnipegger is selling his Pokémon Go Level 21 account online for a slick $600.

A few others are offering to drive Pokémon Masters around the city in an effort to catch 'em all.

metro CALGARY

The weekend after Canada's launch, many Calgarians with keen business sense took to sites like Kijiji to advertise services for those looking to become top trainers overnight.

For a bargain, Kyla Clarkson will keep your PoGo game strong while you're at work. She will take your Pokémon trainer out for an hourly rate and hit up as many Pokéstops as possible.

metro VANCOUVER

Vancouver residents have taken to the streets to hunt for Pokémon, and some businesses are catching more customers by paying extra to lure the virtual reality creatures into their shops, and some Pokémon Go players are taking the bait.

Meanwhile, the organizer of an upcoming youth coding event is promising to spend $1,000 on lures to attract people to the TUCY Game Jam in North Vancouver.

metro TORONTO

If you're not finding many Pokémon wandering around your neighbourhood, there's a reason for that.

That's because Pokémon Go's geographic database is taken from an earlier game called Ingress, a science-fiction game where two teams battle to control sites known as portals. The location of portals was determined by players, who could submit points of interest to the game's developer, Niantec,.

Portals tended to be located at prominent buildings, parks, or other landmarks. METRO

Feds aim to develop strategy against gender-based violence

WOMEN'S RIGHTS

Advocate knows how online threats can seep into real life

It's one of the central ironies of Julie Lalonde's life — an advocate for women's rights working to end gender-based violence and harassment, her work has caused her to experience much of the hate she's fighting to eradicate.

"Imagine every day you get up, and there's someone who just yells obscenities at you. You get in your car and you go to work, and while you're doing that they're yelling obscenities at you … you sit in your cubicle and they're yelling at you and the same thing happens when you walk home," Lalonde said.

But instead of being delivered in person, the obscenities and harassment she gets are mostly sent online — emails, tweets and messages telling her to kill herself, and posting her address for others to find her. Sometimes, the threats turn real as online harassers show up at her events to threaten her to her face.

Lalonde is the developer and manager of Draw the Line, a campaign focused on helping bystanders intervene when they see sexual violence. She's also known through her personal women's rights advocacy on social media.

Now, she's hoping that an announcement by Status of Women Minister Patty Hajdu that the federal government is

Julie Lalonde TORSTAR NEWS SERVICE

developing a strategy to curb gender-based violence means she and women like her will see an end to harassment.

The federal government is aiming to prevent this kind of harassment happening in the future. At an event Monday, Hajdu said the government was launching consultations to develop a strategy against gender-based violence. The strategy will focus on youth and online gender-based violence.

"Although we've made progress … all of us here today know all too well that we still have a long way to go, particularly when it comes to gender equality," Hajdu said.

Hajdu also announced that funding would be restored to advocacy projects applying under the Women's Program at Status of Women Canada. Advocacy projects saw their eligibility revoked in 2007, a move that saw many women's groups shut down over lack of funding.

The consultations will continue over the summer, and see results in the form of campaigns or legislation starting late 2016 or early 2017, Hajdu said.

Lalonde hopes one of the things that comes out of the consultations is a public campaign teaching the public about the prevalence and danger of online harassment. Beyond that, she wants to see more tools to enable bystander intervention — where people support others who are being harassed.

It's the kind of thing that would take away the onus of dealing with harassment from the victims of harassment to the general public. It's something Lalonde also wishes she had.

"Why does it have to be me? Why can't I have someone supporting me," she said.

TORSTAR NEWS SERVICE

CALGARY 'THAT WAS A BEAUTIFUL LITTLE GIRL'

Bubbles floated into a grey sky and sparklers crackled as hundreds gathered in a northwest Calgary park Sunday evening to pay tribute to Sara Baillie and her five-year-old daughter Taliyah Marsman.

Baillie's close friends organized the vigil nearly a week after the 34-year-old woman was found dead in her home and an Amber Alert was issued for the little girl.

Police found Taliyah's body late Thursday in a rural area just east of Calgary.

Jennifer Vonavka described Baillie, her long-time friend, as a hard-working, fun-loving woman with "out-of-this-world" dance moves.

Vonavka said she's also struggling to make sense of what happened.

"That was a beautiful little girl and she deserved so much more than that.... This is horrific." THE CANADIAN PRESS

EDMONTON CONNECTION

Ukrainian dead in Nice attack, but no word on student

The Ukrainian embassy in Ottawa says one of its citizens died in a deadly truck attack in France last week but won't confirm whether the victim is a missing student studying in Canada.

Mykhaylo (Misha) Bazelevskyy, 22, has permanent resident status in Canada, but was travelling on a Ukrainian passport. Bazelevskyy is a fourth-year bachelor of commerce student at MacEwan University in Edmonton who was in Nice participating in a summer program.

Spokesman Kostiantyn Kostenko says the embassy is still waiting for an official list of victims from French authorities.

"(When) the French authorities present an official list of victims, we'll know if this person is recognized dead or not," he said.

There are still dozens of people who haven't regained consciousness from the attack, he added. The embassy will not confirm anything as long as there is the smallest chance that

Mykhaylo (Misha) Bazelevskyy EUROPEAN INNOVATION ACADEMY/TWITTER

Bazelevskyy is alive, he said.

"We (are) just protecting the family," Kostenko said.

Bazelevskyy was one of five students and one faculty member in Nice participating in a summer program at the European Innovation Academy. University officials say they were heading to the Promenade des Anglais to enjoy the fireworks, but inclement weather convinced three of them to turn back.

Bazelevskyy and another student were on the promenade when a truck full of weapons plowed into the crowd celebrating Bastille Day last Thursday.

More than 80 people were killed in the attack. The student who was with Bazelevskyy at the time told university provost John Corlett "he was fortunate that he survived."

Students said Bazelevskyy is well-known on campus and is "the nicest guy." He has run for student council, is a member of the varsity golf team and has volunteered for college athletics programs. THE CANADIAN PRESS

Tensions rage in Cleveland

STEVEN GOETZ
METRO'S REPORTER IN CLEVELAND

The simmering racial and political tensions gripping the U.S. have the city of Cleveland on edge as it hosts the Republican National Convention this week. Metro was on the scene Monday as two demonstrators from the opposing camps confronted each other over a barrier formed by armoured police. Every day this week, Metro will take you behind the scenes to bring you the faces, stories and issues of the people at the convention.

CAMRY KINCAID

Cleveland native Camry Kincaid was one of the demonstrators confronted by "Brother Jim's" megaphone.

Along with a dozen others, Kincaid led a chant of "Black Lives Matter," effectively drowning out the evangelist's words.

"It felt good yelling so loud no one could hear their hate," Kincaid told Metro. "What people heard was that we matter."

Kincaid said the recent killings of unarmed black men and the murder of police officers in Baton Rouge and Dallas was a wake-up call to the deep divide in the city and country.

"I fear for my life right now, even amongst all these people and the cops here," Kincaid said. "I feel like at any minute, I could find myself with two bullets in my back."

With so much tension, Kincaid said she didn't know how the country could come together: "They are trying to incite a race war and it looks like we are headed there."

Cleveland native Camry Kincaid, 19, joined a dozen others to chant "Black Lives Matter" at a group of evangelists led by "Brother Jim." STEVEN GOETZ/FOR METRO

'BROTHER JIM' GILLES

Jim Gilles, an evangelist preacher from Evansville, Indiana, told Metro he came to Cleveland to "preach the Gospel to protestors."

Well known in evangelical circles for his confrontational tactics, "Brother Jim" took to a megaphone to preach his anti-gay and pro-law enforcement message to hundreds of anti-Trump protestors gathered in a park, just a few blocks from the convention centre.

Standing alongside a half dozen other men carrying banners depicting anti-gay messages, Gilles riled the crowd with homophobic slurs and told them to "follow police instructions" or face the consequences.

"We are a bunch of friends and we get together to preach at events," Gilles said. "We actually helped the police right there to break up a Black Lives Matter rally."

Gilles was optimistic his efforts and a new Republican president would unite the country.

"The divide ends with Donald Trump being elected and getting law and order back in this country," he said. "We just need to let these people know they can't riot, pillage, steal things, kill people without paying the consequence."

"Brother Jim" Gilles confronts anti-Trump protestors in Cleveland with his anti-gay message. STEVEN GOETZ/FOR METRO

'The world is crazy right now. It is complete chaos'

Fresh out of the police academy, Matthew Gerald was so proud to bring his cruiser home that he stood in the driveway, wiping it down under the hot Louisiana sun. His neighbour Ashley Poe watched as he flicked the blue lights on and off, on and off.

Poe and her husband shared a laugh. The 41-year-old former soldier and Marine looked like an excited kid.

"It's like living out the dream," she said.

Gerald got to live it only for a few months. He was one of three officers gunned down in an ambush Sunday in Baton Rouge, traumatizing a nation already on edge.

In the span of 10 turbulent days, 10 law enforcement officers have been killed by attackers — at a protest march in Dallas, a courthouse in Michigan and now a convenience store in Baton Rouge. Together, the shootings represent the deadliest attack on law enforcement in decades.

The officers who died Sunday all lived just outside Denham Springs, a quiet bedroom community across the Amite River from Baton Rouge, which has been in turmoil for two weeks. Tensions rose sharply after the death of Alton Sterling, a black man killed by white Baton Rouge officers after a scuffle at a convenience store. The killing was captured on cellphone video.

As the nation debates race and policing, this community is mourning three of its sons - all husbands and fathers described by friends as being committed to serving the public.

"These are our families. These are good men. They're the only line of defence between good and evil," Livingston Parish President Layton Ricks said. "We say we don't want to let this evil affect how we live our daily lives. But it does."

Gavin Long, a former Marine from Missouri dressed in black and carrying extra ammunition, opened fire on officers around 8:45 a.m. Sunday, police said.

The gunfire also killed 45-year-old Brad Garafola, an East Baton Rouge Parish sheriff's deputy and a father of four, and 32-year-old Montrell Jackson, a 10-year veteran of the Baton Rouge Police Department with a newborn baby at home.

Garafola and Gerald were white. Jackson was black, as was the gunman.

"The world is crazy right now. It is complete chaos," Jackson's sister-in-law said. "And it all needs to stop, everything. We all need peace."

Three other officers were wounded. One of them, Deputy Nicholas Tullier, remained in critical condition Monday. The gunman was killed at the scene. THE ASSOCIATED PRESS

COUP ATTEMPT

Friction with West rise as Turkey continues purge

A youth waving a Turkish flag salutes during a rally in Taksim Square in Istanbul, protesting against the attempted coup, early Tuesday. EMRAH GUREL/THE ASSOCIATED PRESS

The purging of thousands of alleged plotters of a failed coup raised tensions Monday between Turkey and the West, with U.S. and European officials urging restraint, while Ankara insisted that Washington extradite an exile accused of orchestrating the plot.

Authorities have fired nearly 9,000 police officers, bureaucrats and others, while detaining thousands more alleged to have been involved in Friday night's attempted coup, the state-run Anadolu news agency reported.

Former air force commander Akin Ozturk, alleged to be the ringleader of the uprising, was put under arrest following questioning by a magistrate along with 25 other suspects, the news agency said. Ozturk, who has denied involvement and insisted he had tried to suppress the rebellion, appeared in video from Turkish TV looking bruised with a bandage over his ear.

President Recep Tayyip Erdogan refused to rule out bringing back the death penalty, telling CNN: "There is a clear crime of treason."

"If they accept to discuss it then I as president will approve any decision that comes out of the parliament," he said. He said Turks have been calling for the reinstatement of the death penalty because of the increased terror attacks and demand for swift justice.

Anadolu said 8,777 employees attached to the Interior Ministry were dismissed, including 30 governors, 52 civil service inspectors and 16 legal advisers. Other media reports said police, military police and members of the coast guard also were removed from duty.

During the uprising by a faction of the military, warplanes fired on government buildings and tanks rolled into the streets of major cities before the rebellion was put down by forces loyal to the government.

Erdogan told CNN that he escaped death by only a few minutes before coup plotters stormed the resort in southwest Turkey where he was vacationing last weekend when the coup unfolded.

THE ASSOCIATED PRESS

IN BRIEF

French authorities paint complex picture of attacker

Authorities investigating the truck driver who killed 84 people in a Bastille Day attack painted a complex picture Monday of a man who did not seem devout but had recently become interested in jihadi violence and researched past attacks in France and the U.S. Paris prosecutor Francois Molins, who oversees terrorism investigations, said by all accounts Mohamed Lahouaiyej Bouhlel drank, ate pork and had an "unbridled sex life." But his computer and phone showed searches relating to Daesh. THE ASSOCIATED PRESS

Walmart bans Visa at three stores

CREDIT CARDS

Retailer says it will extend ban to all locations across Canada

Three Walmart stores in Thunder Bay, Ont., are no longer accepting Visa, the payment company said Monday as it encouraged its customers to take their business elsewhere.

After months of negotiations, Walmart said last month it would eliminate Visa as a payment option at those stores because it believes it pays the retail giant too much in merchant fees. The company has promised to extend the ban on Visa cards to its 400 locations across Canada, though it has not said when that will happen.

Visa, Canada's largest credit card firm, shot back Monday with a message for Walmart customers.

"Until an agreement can be reached in this commercial dispute, we encourage shoppers to use their cards at the more than 5,200 stores in Thunder Bay that accept Visa," the corporation said in a statement.

Walmart says it pays more than $100 million in fees annually for customers using credit cards like Visa, MasterCard and Discover.

"The issue is that credit card fees are too high in Canada. We believe Visa's fees should be lower for everyone, whether they are a large retailer, small retailer or a charity," said Alex Roberton, a Walmart Canada spokesman in an email. "Canadians deserve better than paying a hidden fee that is four-times higher than consumers pay in other countries. We are taking a stand for our customers because high credit-card fees can result in increased prices."

Visa says it offered Walmart one of the lowest rates for any merchant in the country but the retailer wanted more. If it had given in, Visa said, Walmart's merchant fees would have been lower than those charged to local grocery markets, pharmacies, convenience stores, charities and schools.

A spokesman for Finance Minister Bill Morneau says he's waiting to receive a report on a 2014 voluntary 10 per cent fee reduction by Visa and MasterCard before deciding "how we can ensure this market stays competitive in the future."

THE CANADIAN PRESS

BY THE NUMBERS WHAT SHOPPERS SAY

60%

Respondents to a survey by Angus Reid Institute who said they sided with Walmart.

50%

Shoppers who said they would be less likely to shop at Walmart if Visa was no longer accepted.

A study by live streaming company Twitch attributed 25 per cent of sales of recent video game releases to online broadcasts by video gamers. THE ASSOCIATED PRESS FILE

MARKETING

Spectating is new advertising in promotion of video games

The rise of online audiences watching video gamers stream themselves playing isn't simply a new form of entertainment seen by millions. It's also driving video game sales, and drawing the attention of U.S. regulators.

A study by live streaming company Twitch attributed 25 per cent of sales of releases like the fighting simulator Punch Club and the kill-or-be-killed multiplayer game The Culling to those games being played on Twitch. The study found that viewers were more likely to buy a game within 24 hours of watching a stream of the game in action.

WATCHERS

- The interactive industry tracker Newzoo said in a February report that over 470 million gamers watch online gaming content on a regular basis and that number is expected to surpass 500 million viewers in 2016.

Many of the most popular streamers with millions of followers are now regularly paid or sponsored by game publishers, a practice that was recently investigated by the U.S. Federal Trade Commission.

The FTC said on Monday that Warner Bros. will settle charges it deceived consumers by not properly disclosing it paid influencers with big followings on YouTube to promote the action game Middle-earth: Shadow of Mordor in 2014. It said Warner Bros. hired YouTubers such as Felix "PewDiePie" Kjellberg, who boasts over 46 million subscribers, through an advertising agency and instructed them to publish the sponsorship disclosure where consumers couldn't easily spot it.

THE ASSOCIATED PRESS

IN BRIEF

Netflix subscriber growth slowing in the U.S.
Netflix added just 160,000 U.S. subscribers from April through June — the lowest gain since splitting up its video-streaming and DVD-by-mail services five years ago. Management blamed cancellations by subscribers facing price increases of $2 per month with the expiration of a two-year rate freeze.
THE ASSOCIATED PRESS

Fox News parent says Ailes probe not resolved
Fox News Channel's parent company says there has been no resolution to its probe into the conduct of network chief Roger Ailes who is accused by former network anchor Gretchen Carlson of forcing her out because she refused to have sex with him. Ailes, 76, has denied the accusations.
THE ASSOCIATED PRESS

Nav Canada cuts fees
Airlines are in line for $150 million of fee reductions over two years from Nav Canada, which operates Canada's air navigation system. Ottawa-based Nav Canada says the cuts in the service charges will begin Sept. 1.
THE CANADIAN PRESS

market minute

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ALBERTA ECONOMY

Downturn worst in decades

A new report says Alberta's current recession is expected to shrink the economy by more than double the average of the past four recessions.

The TD Bank report released Monday said it estimates Alberta's economy will contract 6.5 per cent over 2015 and 2016, which would widely exceed the 2.7 per cent average retreat of previous economic downturns going back to the early 1980s.

The estimate came after TD tripled this year's expected GDP decline to three per cent, after factoring in the Fort McMurray fires and a higher than expected drop in industry activity.

"Based on our revised forecasts, the 2015-16 recession is likely to go down in history as one of the most severe using the GDP benchmark," TD wrote.

The 2008-09 downturn approached the current recession in severity with a 5.5 per cent decline in GDP, but commodity prices quickly bounced back in early 2009, setting the stage for a renewed five-year period of prosperity, TD said.

That isn't expected to happen this time, though. The bank says it's expecting a weaker rebound than normal when Alberta finally starts growing again next year, as oil and gas prices aren't expected to climb high enough to justify new projects.

While the current downturn is leading to the worst hit on GDP, TD still says that overall the early- to mid-1980s recessions were worse.

The hit of the 1982-83 and 1986 recessions in quick succession — combined with high interest rates at the time — led to much higher unemployment and much more severe housing price corrections, TD said.

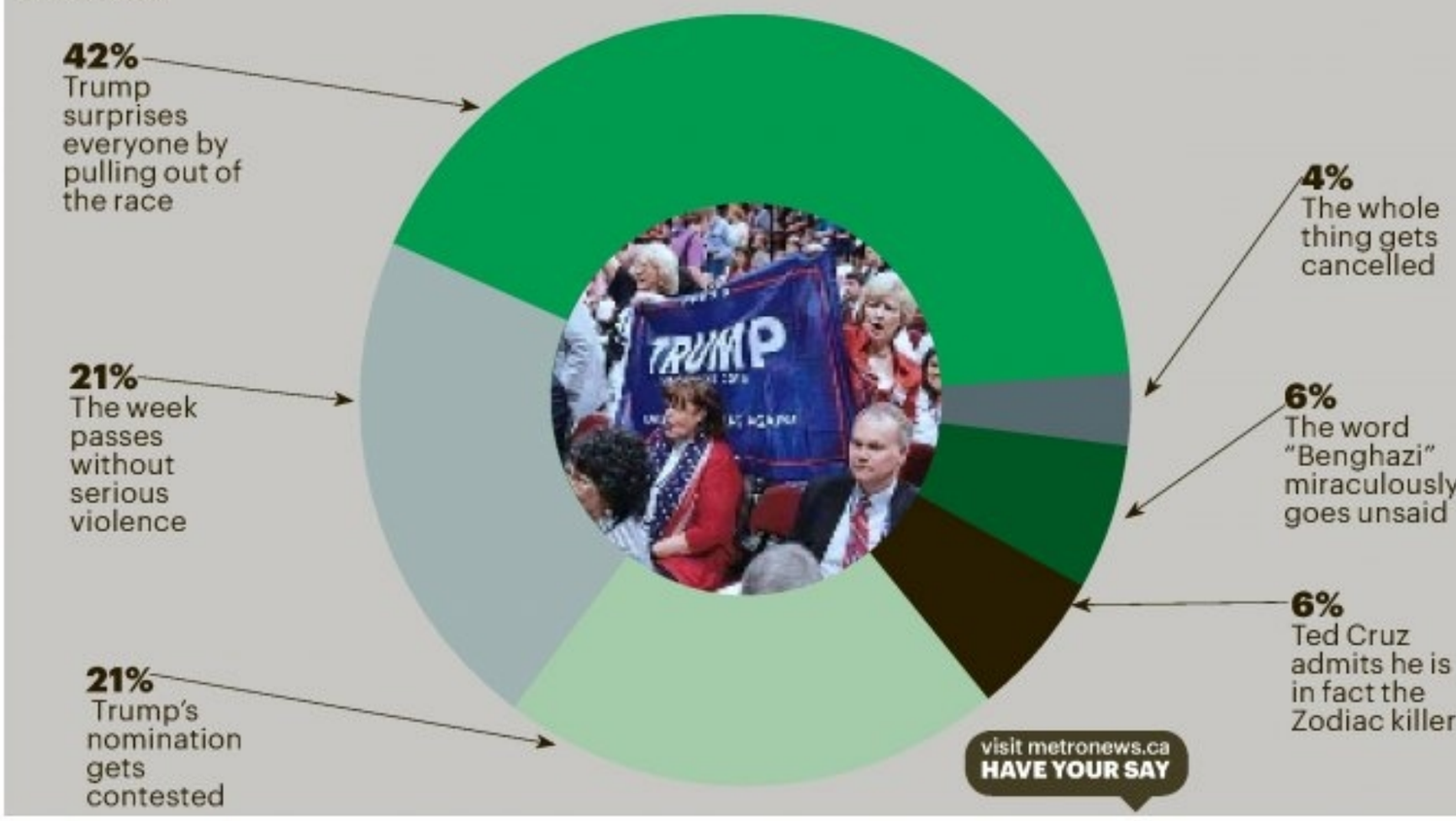
THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, J

METRO POLL

What's the best case in Cleveland?

Republicans have gathered or the party's convention, where Donald Trump will (or at least should) get formally nominated for president and the party's platform will be unveiled. In the current climate, many are fearing the worst. But asked you to tell use what would the best-case scenario looks like?



What's to be done with Bank St. heritage eyesore?

COLLINS' CAPITAL

Steve Collins

Perhaps the weirdest thing about Somerset House, the sad husk of the handsome century-old building at Bank and Somerset, is how you can look right past it.

The place has been such a disgrace for so long, the sidewalk along Somerset closed, the building's innards soaking up winter after winter of damage, since a wall collapsed in 2007 and the city closed the intersection for two months.

It's a disaster, a heritage eyesore, the enduring pot of trash at the end of Bank and Somerset's rainbow crossing.

Averting your eyes from this ongoing ugliness is only natural, but city council was forced to stare into the pit once again last week, voting to authorize another partial demolition necessitated by the building's continuing decline.

Mayor Watson places the blame on the building's owner, Tony Shahrasebi, who in turn has blamed the city.

Legal fusillades have gone back and forth over the years, and the disdain was palpable when our unfailingly civil mayor called him out at council as an irresponsible developer and, if not a liar, well, "This gentleman keeps making promises and he breaks them on a regular basis, and I have lost trust in his word."

The years of bickering, of plans made and abandoned, have produced nothing but more of this slow rot in the heart of our downtown, this nightmare on Bank Street.

Somerset Coun. Catherine McKenney, who has the dubious honour of hosting this wreck in her ward, is fed up:

"The owner has allowed the building to deteriorate to the point that a portion of it is beyond saving and must be demolished. This is demolition by neglect and we are holding our noses today and approving this demolition. But what can we do with Somerset House?"

She'd like the city to expropriate it, but the mayor's not enthusiastic. That would be expensive, with the price based on the best potential use of the prime location, and, he argues, set a bad precedent.

"We would be rewarding bad behaviour and every other bad landlord would say, 'Great, we're going to allow our building to deteriorate and the city's going to come with a big fat cheque for us.'" Watson warned.

We already reward bad behaviour in so many ways. Because Somerset House is vacant, and almost entirely unusable (it does bear signs advertising the owner's adjacent parking lot) it qualifies for a rebate on property tax. It's a perverse incentive.

So what to do? Knock down more of this poor building, and hope the province gets around to changing laws and stop rewarding the owners of derelict properties.

Meanwhile, the rest of us keep averting our eyes and stepping around this gaping sore on a main city street.

Property rights are fundamental rights, but they're not the end of the conversation. Go ahead and buy a truck, but you'll still need to get insurance and obey speed limits. You can't buy a puppy and boil her for supper.

You couldn't buy Somerset House and burn it down, and you similarly shouldn't be permitted to just let city heritage self-destruct in excruciating slow motion.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

A brief message from the Vancouver of the not-too-distant future

Welcome to Vancouver!

We know you'll love your new home, purchased a mere 50 per cent above last year's selling price! What a deal!

The fact that you've opted for a super-slim micro-development — utilizing that once-dead five-foot space in between houses — proves you're a perfect fit for this city of the future. A land of milk, honey, and a homogenous demographic. Quite literally a billionaire's heaven on earth.

The secret to sublime living here really isn't a secret: This city clicks because our citizens do! Everyone is cut from the same cloth — 1,400-thread-count sateen. The celestial vistas this city offers are priceless, because you can afford them! Like Whistler, but bigger. (We knew that would happen.)

It's an incredible story, but it didn't come easy. For years, Vancouver had the frenzied, messy, kaleidoscope populations so many cities suffer from. Then (by design or ignorance, we're actually not sure which) an unencumbered, globalized and predatory real estate market did what no politician could: It unified the city by throwing out the poor! And the middle-class! And the mildly wealthy! Sorry: Relocated. Someone has to serve your coffee and fill your 3rd floor office space, we agree. You just don't have to live alongside them.

Visit the downtown east-side for a hit of urban realism without any of the actual real drug use, metal bands and street life that use to be there! No more grit, but a TON of exposed brick.

Ride the city's mountains on hover-craft skis and snowboards while your VR glasses imitate real snow!

Take a jog along the seawall and don't worry about running into kids or cumbersome strollers — most of the cities families moved out years ago (back in 2016 when 60 per cent of families threatened to leave the city, turns out they meant it!).

We think it's a safe bet to assume you're new here (most born here can't stay, nevermind the Musqueam, Squamish and Tsleil-Waututh First Nations who actually owned this land).

So here's one last tip: Avoid travel during rush hour, if you can. The public transit system is packed to the gills — no, no, we know you'd never use it! But everyone who used to live here now commutes from service-sector housing an hour away. The trains and busses often break down, but it's not your problem when you're not on them! So just drive one of your four cars outside the hours of 7 to 10 a.m. and 4 to 7 p.m., and you'll find Vancouver is the epitome of luxury living.

Like we said: The most exclusive place on earth!

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Dating and trying to stay positive

RELATIONSHIPS

The risks of sex with HIV have changed, stigma hasn't

Genna Buck
Metro Canada

People in treatment are living long and healthy lives with HIV and are unlikely to infect others. But fears of the virus persist. ISTOCK

After eight years of living with HIV, Jason Cole is used to rejection and ghosting. But it still stings. It happened most recently when Cole was chatting with someone on the same-sex dating app Grindr.

"It was a great conversation. And it got as far as the point where we were talking about meeting up. And I actually brought it up with him: 'Hey, have you had a chance to take a look at my profile? He said 'no'," said Cole, a writer from Brampton, Ont.

The profile is totally upfront. It says Cole is HIV-positive but undetectable: Thanks to antiretroviral treatment, the virus is under control and at very low levels in the blood.

"I didn't hear from him after that. He blocked me."

It wasn't the first time something like this happened. Like many people living with HIV, Cole faces a lot of stigma from potential partners, plus "ignorant" remarks like "How did you get it?" and "At least you don't have AIDS."

"Very few have been from a place of nastiness. It's from a place of fear," Cole said.

Those fears — and the stigma that comes with them — are out of step with reality.

Thanks to powerful new drugs, there's a vanishingly small risk of passing HIV to another person through sex if the virus is undetectable in the blood. If antiretroviral treatment is combined with condoms, the danger is close to zero.

You're far, far more likely to get it by having unprotected sex with someone who's in the highly contagious early stages of HIV infection, but doesn't know it yet.

This suggests that the tough HIV talk prior to sex shouldn't necessarily be "What's your HIV status?" But "When was your last HIV test?" and, if the person is negative, "Are you taking PrEP?"

Pre-exposure prophylaxis or PrEP, known under the brand-name drug Truvada, is a daily medication that dramatically reduces the risk of contracting HIV. (In Canada, it's not approved for HIV prevention, but many doctors will still prescribe it to people at high risk).

Paralyzing fears of having sex with HIV-positive people — no matter how safe it is — persist.

Public health messages about HIV prevention that try to scare people into safer sex contribute to the stigma, said Sarah Chown, executive director of YouthCO, which supports young people living with the virus in B.C.

> **We need to build a community that knows the truth about HIV.**
> Sarah Chown, executive director, YouthCO

And stigma, she said, is actually what's driving the epidemic.

"It makes it harder to access information. It makes it harder to talk to doctors and parents. And it makes it harder to disclose your status."

"Rejection hurts and it's awful," Chown said. "And it really hurts because we know people with HIV go to great lengths to avoid passing the virus to others."

Being open about your HIV status is not the only way to prevent infecting others, Chown explained. Using condoms, having a partner on PrEP, being undetectable and choosing not to have penetrative sex also work.

At YouthCO, young people practice disclosing their status with other HIV-positive peers first.

Some kids strategize by gradually telling their friends and potential partners various facts about HIV in the weeks leading up to the disclosure conversation, Chown said.

But the HIV-positive teenagers she's working with today are not having a "substantially different" experience than eight years ago when she started, she said.

"We need to build a community that knows the truth about HIV, and that is supportive and welcoming to people living with HIV."

HIV NUMBERS

0
In a study of 888 European couples with one HIV-positive partner in appropriate treatment, this was the number of new infections among the HIV-negative partners.

92%
The reduction in the risk of HIV infection among people taking pre-exposure prophylaxis (PrEP) medication as directed.

75,500
The approximate number of people living with HIV in Canada.

HEALTH TREND

Experts raise alarm over youth vaping

Parents and doctors questioning teens about whether they smoke should also be asking if they're using e-cigarettes, which could be a gateway to nicotine addiction later on, says a pediatrician who led a new study.

Dr. Michael Khoury's research involved nearly 2,300 students in Grade 9 in the Niagara region of Ontario. Over 10 per cent of them had used electronic cigarettes, said Khoury, though a national report funded by the Public Health Agency of Canada and released earlier this year suggested the rate of Grade 9 students who have tried e-cigarettes is even higher.

"The most common reason that three-quarters of them used it was to be cool, or it was fun and something new," Khoury said about his research. "That's really concerning because they're clearly not using them for what they're marketed as, which is as smoking cessation devices."

Khoury conducted the study while he was a pediatric cardiology resident at the Hospital for Sick Children in Toronto. It was published Monday in the Canadian Medical Association Journal.

E-cigarette use is now more common among adolescents than conventional cigarettes, but the practice that mimics the tactile experience of smoking could also renormalize it for youth who've grown up learning about its effects on health, said Khoury, who is currently completing his residency at Stollery Children's Hospital in Edmonton.

He noted that at least two previous American studies have concluded that youth who use e-cigarettes or "vape" are much more likely to smoke in the future.

E-cigarettes contain a battery, a heating element and a cartridge with a liquid solution that may or may not contain nicotine and other flavours such as cotton candy, peanut butter and jam. Puffing on the e-cigarette heats the solution, creating a smoke-free vapour that is inhaled.

In Canada, e-cigarettes and "e-juice" containing nicotine have not been approved for sale.

Most provinces have created legislation around the sale and marketing of e-cigarettes.

THE CANADIAN PRESS

E-cigarette use is now more common among adolescents than conventional cigarettes, creating concern among health officials as studies have concluded youth who 'vape' are much more likely to smoke in the future. ISTOCK

How to get fit with your pet

TREND

Your best workout bud could be curled up at your feet

Catherine Cameron works out regularly with her dog Daisy. TORSTAR NEWS SERVICE

Toronto resident Catherine Cameron and Daisy are fitness buddies. They run together a few times a week, and depending on the season, they'll be out snowshoeing or hiking or canoeing. Sometimes, they even do yoga together — although Daisy doesn't know any moves beyond "downward-facing dog," because, well, she is a dog.

Like many dog owners, Cameron has found exercising with her four-legged companion is an essential part of her fitness routine. What began as regular dog walks turned into jogging and running with Daisy, says Cameron.

Eventually, the almost 8-year-old golden retriever started vacationing with the family, be it in Florida or Muskoka. "She became the third kid in the lake," Cameron says. On a regular basis, the sheer number of walks Daisy requires — three to four every day — means Cameron is always on the go. "I get an hour and a half of exercise every day, outdoors, all weather, that I probably wouldn't otherwise get," she says.

Having a dog can definitely be a health boost, research shows. One study from the University of Missouri-Columbia found walking a dog on a regular, long-term basis leads to weight loss — an average of 14 pounds for a group of dog walkers over a 50-week period, the study found — and encourages people to walk for longer periods of time.

It's also one of the top ways to meet new people, according to research at the University of Western Australia, which found the benefits of dog walking include an increase in physical activity and a stronger sense of community. Cameron, who spent 25 years working as a fitness instructor, and Jt Clough, a San Diego-based dog lifestyle coach and author of 5K Training Guide: Running with Dogs, offered a few pointers on how to incorporate your dog into your workout.

Ramp up gradually

Going from regular walks to runs with a dog makes sense, but you need to start slowly. "You can't expect a dog who's not a runner to suddenly run great distances or high speed — having realistic expectations is important," says Cameron. Clough says dog owners often make the mistake of doing too much at the beginning, then get frustrated when their dog can't handle it. It's best to start with consistent walking, then move that into a run or integrate running portions into regular walks.

Keep your dog's needs in mind

"It's really important to consider your pet's needs when you're exercising," says Cameron. When she and Daisy run together, it's at a slower pace than when Cameron runs alone — and she keeps an extra water bottle for her running buddy in her water belt. "If she's overheated, a run turns into a brisk walk," Cameron says.

The age of your dog is also important, notes Clough. Puppies shouldn't run on hard surfaces until they're at least a year old — it can cause damage to their bones, she says — while older dogs often start to get sore and begin slowing down.

Think outside the box

Cameron has incorporated Daisy into many activities, from family hikes to canoe trips, which keep them both outside and active.

Even yoga can be fun with a dog, Clough says, since you can train your pooch to do a few stretches with you. Aside from the fitness boost, it also encourages your dog to be in a calm state, she says. And if you're doing a dog-specific outing — like playing fetch or hitting the dog park — why not incorporate your own workout into the mix? "Instead of just standing there and throwing the ball, you can run while your dog is getting the ball, or stretch — any kind of movement," says Clough.

TORSTAR NEWS SERVICE

+ CAT CALISTHENICS

Model shares his kitty workout on Instagram

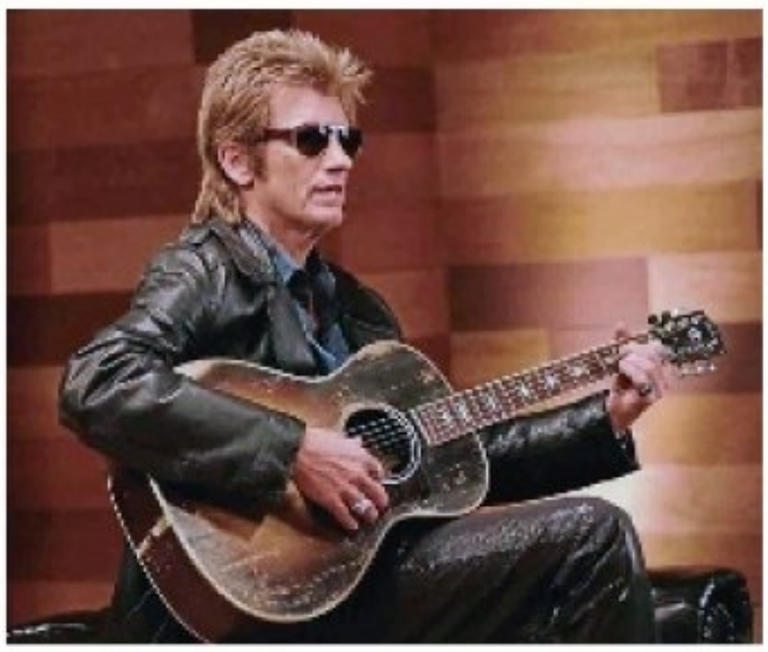
Not a dog lover? More a fan of the feline? Canadian model and actor Travis Deslaurier can show you how to get in some shred time using your cat as a hand weight. He and his pal Jacob The Cat post videos on Instagram where he uses Jacob as a weight to do things like bicep curls and shoulder press. LIZ BROWN/METRO

Travis Deslaurier. INSTAGRAM: @TRAVBEACHBOY

JOHANNA SCHNELLER WHAT I'M WATCHING

Sex & drugs & witty banter

THE SHOW: Sex&Drugs&Rock& Roll, Season 2, Episode 1 (FX)
THE MOMENT: Quoting Sammy Hagar



Denis Leary plays for laughs as Johnny Rock. CONTRIBUTED

Johnny Rock (Denis Leary), a former guitar god now playing bar gigs, just learned his girlfriend had a year-long affair with his best friend. His drummer Bam Bam (Robert Kelly) consoles him. Sort of.

"Do you know how many chicks out there would love to hook up with me?" Johnny asks.

"None, dude," Bam Bam replies. Johnny gives him a look.

"Yesterday is dead and gone," Bam Bam continues. "Tomorrow, there's no guarantees. Right now is all you got. Right now. It's everything."

A beat of silence. "Are you quoting Sammy Hagar to me?" Johnny asks.

"Am I?" Bam Bam says, shocked. "I am. Van Hagar. I love that guy."

"Bro, we're getting old," Johnny says. "Time's a b—, counting out numbers, both of us know we ain't getting no younger."

"Springsteen," sighs Bam Bam.

"No!" Johnny yells. "Right now you might need an Alzheimer's test."

"How the hell do you, who's killed so many brain cells, know more lyrics than me?" Bam Bam asks.

"Because I'm a lead singer, OK?" Johnny says. "I could be in a coma and still sing Side One of London Calling."

I don't care how hideous Leary's rock wig is here, he just makes me laugh. He creates shows (this, plus Sirens and Rescue Me) that are alive with naturalistic, overlapping dialogue, delivered at a speed and a level of sarcasm that sustains the funny.

Only he could combine sexual jealousy, fear of aging, and love for Van Halen-era Sammy Hagar in seamless, wholly believable, screed.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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"I spent a lot of time here on vacation ... I like Canada a lot": Manager Zinedine Zidane whose Real Madrid worked out in Montreal on Monday

Jackson making good on opportunity in Ottawa

CFL

New Redblack scores team's first special teams TD

Last month, Tristan Jackson seriously wondered if he was done with football.

Released in December by the Saskatchewan Roughriders, Jackson spent six months patiently waiting for another CFL club to call. He even took matters into his own hands, giving Ottawa Redblacks head coach Rick Campbell a shout but no contract was forthcoming.

That is until last month, when Ottawa added the five-foot-eight, 185-pound defensive back to its practice roster. On Wednesday night, Jackson thanked the Redblacks for the new lease on his football life with a 75-yard punt return that broke a 20-20 tie and led them to a 30-20 road win over the Toronto Argonauts.

"Scoring touchdowns and helping this team win, I need to do that," Jackson said. "They brought me here, they believed in me.

"I was sitting at home three weeks ago, nobody wanted to give me a chance. I have to show every team in the CFL they should've given me a chance."

Jackson was appearing in just his second game with Ottawa when he scored the third-year franchise's first-ever special teams TD.

"That will be good for my kids when they get older," Jackson said. "They'll know their dad had that first return."

Ottawa not only has a proven returner in Jackson but a nine-year defender who appeared in 115 career games with Edmonton (2008-10) and Saskatchewan (2011-15). Jackson registered a club-record 1,167 kickoff return yards with the Eskimos in 2009 and helped the Riders win the 2013 Grey Cup.

This season Jackson has 10 punt returns for 142 yards, his longest being 85 yards. Jackson said he felt obligated to come up big after allowing Lirim Hajrullahu's punt to bounce on the BMO Field grass before picking it up.

"When I looked up I tried to get to the corner but they were pursuing real hard. I cut back and my guys gave me a couple of great blocks. I broke a tackle and it was off to the races from there." THE CANADIAN PRESS

The Redblacks' Tristan Jackson evades the tackle of the Argos' Jake Reinhart en route to scoring a touchdown on Wednesday in Toronto. MARK BLINCH/THE CANADIAN PRESS

> **The guys up front gave me great blocks. I have the easy part, I catch the ball and run.**
> Tristan Jackson

OLYMPICS

WADA calls for Russia ban

A scathing report detailing a complex system of widespread, state-sponsored doping in Russia — a scheme that included government officials tampering with hundreds of positive samples — has led the World Anti-Doping Association to call for the country's outright ban at next month's Rio Olympics.

An independent inquiry headed by Canadian lawyer Richard McLaren alleges a plan to make positive tests in some 30 sports "disappear" was in force in Russia at least from late 2011 to August 2015.

While Monday's report makes no recommendations for any discipline against Russia, saying that is not its mandate, the WADA executive board called on the International Olympic Committee to ban all Russian teams from Rio. WADA also wants Russian government officials to be denied access to international competitions.

The IOC executive is to meet via conference call Tuesday to make that decision, which president Thomas Bach said could include "provisional measures and sanctions with regard to the Olympic Games Rio 2016."

He said in a statement that the report showed "a shocking and unprecedented attack on the integrity of sport," and that it "will not hesitate to take the toughest sanctions available against any individual or organization implicated."

The Russian athletics team is already provisionally banned from Rio based on an earlier WADA investigation, although Russia has launched an appeal.

How the revelations may affect the 2018 FIFA World Cup, which is to be held in Russia, remains to be seen.

THE CANADIAN PRESS

NHL

Sens ship Zibanejad to Big Apple for Brassard

The Ottawa Senators are so convinced Derick Brassard will make an immediate impact in their lineup that they gave up a piece of their future to get him.

The Senators traded Mika Zibanejad and a second-round pick in the 2018 NHL draft to the New York Rangers for Brassard and a seventh-round pick in 2018 in a trade announced Monday.

Senators general manager Pierre Dorion admitted trading the 23-year-old Zibanejad was a difficult decision, but feels the addition of Brassard, 28, will benefit the Senators immediately.

6

Both Brassard (2006, Columbus) and Zibanejad (2011, Ottawa) were drafted sixth overall.

"Mika has great potential down the road, but we felt with Derick we were getting someone who was more proven, a better hockey player at this point in time," said Dorion. "Our ultimate goal is to make the playoffs again and we feel that Derick's going to help us make the playoffs and there's also more there. We feel that Derick provides great talent, brings leadership into our room."

Last season Brassard, a native of nearby Gatineau, Que., led the Rangers with a career-high 27 goals and was second on the team with 58 points. He has 127 goals and 343 points through 563 games.

Zibanejad leaves the Senators with 64 goals and 151 points through 281 games.

THE ASSOCIATED PRESS

Derick Brassard, left, and Mika Zibanejad were traded for one another Monday. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

30

The report found evidence of doping in 30 sports, led by track and field and weightlifting. Hockey and Paralympic sports were included, although no athletes were named.

It said Russia adopted a win-at-all-costs mandate after a weak performance at the 2010 Winter Games in Vancouver.

RECIPE Easy Shrimp Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The combination of textures creates a party on your dinner plate.

Ready in
Prep time: 30 minutes
Total Time: 40 minutes
Serves: 4

Ingredients
- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.

2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.

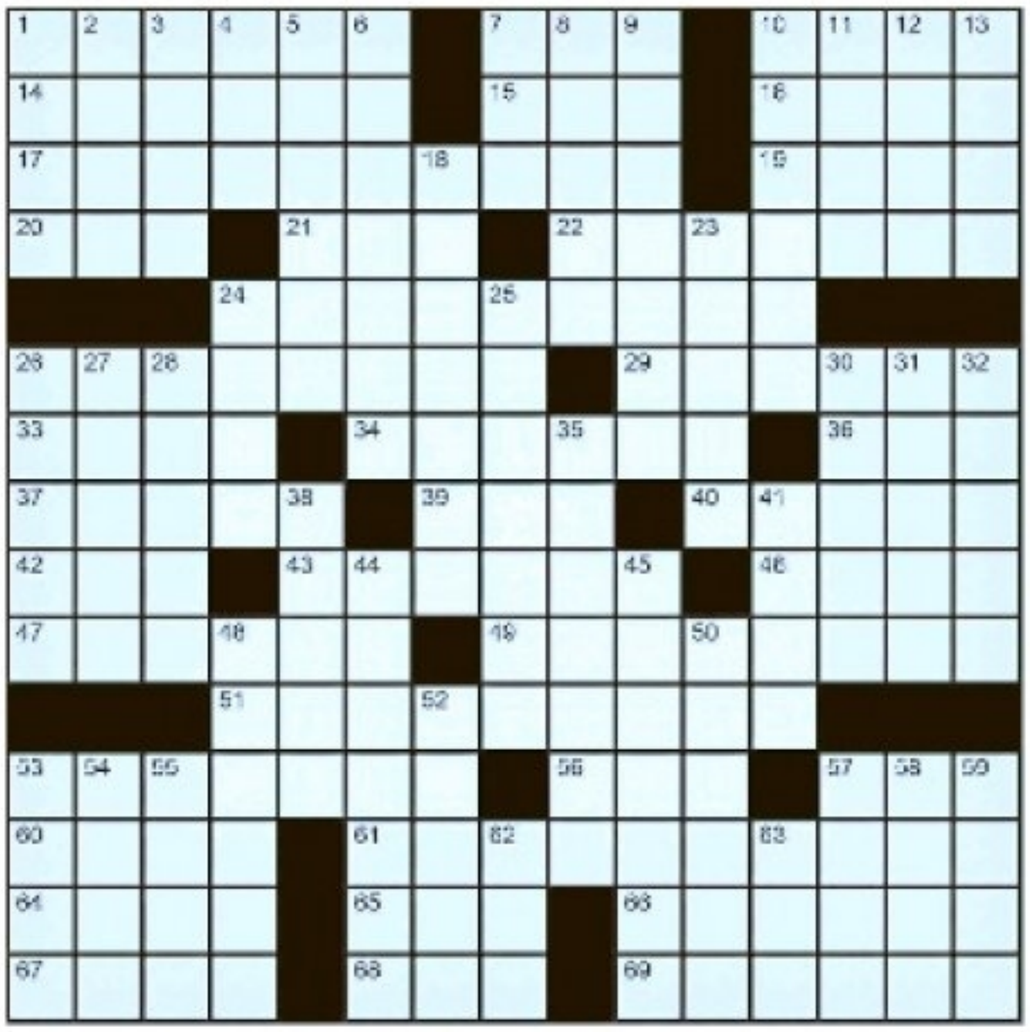
3. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you see pink around the edges. Flip them over and cook for a couple minutes until shrimp are pink and opaque. Repeat with second batch.

4. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on table and let people build their own tacos.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fortify food
7. Egyptian __ (Cat breed)
10. RBI, e.g.
14. German author of The Sorrows of Young Werther
15. Dada artist Jean
16. "Enid" songwriters, __-Robertson
17. Ancient-style sandals
19. Doorway sign
20. Roman sun deity
21. __-washed jeans
22. Niagara-on-the-Lake export: 2 wds.
24. Canadian fashion label launched in 2014: 3 wds.
26. Carmen aria
29. Ground-to-roof contraption
33. Macy Gray hit: 2 wds.
34. Sounds
36. Fruity beverage
37. "Good __!" - Charlie Brown
39. 'Motor' suffix
40. RCMP ride
42. Mr. Bellows, Canadian star
43. Rik __, Toronto-born member of "Lay It on the Line" band Triumph
46. 25th spelled-out letters
47. 1892 Montreal-founded tea
49. Canadian painter, Jean Paul __ (b.1923 - d.2002)
51. Menu item: 2 wds.
53. Uniquely-titled 1995 adventure movie starring Robin Williams
56. CFL feats
57. Queen guitarist Brian
60. 1967: "Get __"
61. Hockey book by former Prime Minister Stephen Harper: 3 wds.
64. Nero's 402
65. "Evita" (1996) role
66. Render a rant: 2 wds.
67. 1990s nu-metal band
68. "The War of the Roses" (1989) leading lady ...her initials-sharers
69. Beau and Jeff's dad, and namesakes

DOWN
1. Bad __ (Putrid people)
2. __ contendere (Court plea)
3. Actual
4. "__ be an honour."
5. Contribute: 2 wds.
6. Boost/uplift
7. Psychedelic jacket
8. Antiperspirant brand
9. High-end
10. Released the volcanic lava
11. Andy Kaufman sitcom
12. Opposin'
13. Head: French
18. The __ Capital of British Columbia (Nickname for Victoria)
23. Internet money
24. Showbiz star Danny
25. Hammer-with-prop workers
26. __ Boson, 'The God Particle'
27. Glass-ceiling lobbies
28. __ Building (NYC's songwriting landmark)
30. Ms. Hannah
31. Bygone car named after Henry Ford's son
32. Ms. Witherspoon
35. Satisfy with sustenance
38. Placed, as paper to the shredder: 2 wds.
41. Needed to pay back
44. Canadian brand of 'Premium Apple Lager': 2 wds.
45. Revealed everything: 2 wds.
48. Neat ___ (Tidy)
50. Delicate watercolour
52. "__ Is Enough"
53. Athlete, in slang
54. Reverse
55. Alaska's famous Glacier
57. Jesus' mom
58. During
59. Sures, informally
62. __ judicata (Settled court matter)
63. '60s lettered car

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a tricky day indeed. Be very careful about your relationships with authority figures — bosses, parents, teachers, VIPs and the police. Be courteous. (Don't quit your day job.)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today. Meanwhile, expect travel plans to be canceled, changed or rescheduled.

Gemini May 22 - June 21
Double-check your bank accounts and expect sudden changes or errors in matters related to inheritances, shared property, insurance issues and debt. Nothing is reliable today.

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is just one reason you might be at sixes and sevens when dealing with partners and close friends. Patience.

Leo July 24 - Aug. 23
Matters at work will not go smoothly today, which means you have to be patient with co-workers. Avoid power struggles; just go with the flow.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your children or children you work with. Therefore, you must be vigilant. (Romantic partners must be patient with each other as well.)

Libra Sept. 24 - Oct. 23
Your home routine will be interrupted today. Do what you can to avoid domestic arguments. Small appliances might break down. Expect the unexpected.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Be careful and think before you speak.

Sagittarius Nov. 23 - Dec. 21
Financial matters are unpredictable today. You might find money; you might lose money. If shopping, count your change, save your receipts and check your bill.

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon all year that is in your sign is happening. This can make relations with partners and close friends upsetting and too emotional. Easy does it.

Aquarius Jan. 21 - Feb. 19
Expect changes at work and in your daily routine. Even your health might cause you concern. (Things will be more normal in 48 hours.)

Pisces
Feb. 20 - March 20
A friend might shock you or do something unexpected today. Alternatively, you might meet someone who is a real character. Be careful dealing with others today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		6		7		9	
8								1
	3						4	
	9		2		1		6	
	1						5	
	2		8		5		3	
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	4		5		6		8	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	3	1	2	7	5	8	4	9
5	4	9	8	3	6	2	1	7
8	2	7	1	9	4	3	5	6
1	7	2	5	4	9	6	3	8
3	6	5	7	2	8	1	9	4
9	8	4	3	6	1	7	2	5
2	9	3	4	8	7	5	6	1
7	1	6	9	5	2	4	8	3
4	5	8	6	1	3	9	7	2

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Closed Sales - 10 closed deals
(including partnerships and wholesale)
Profits from Sales & Wholesale $228,750
"We have also made around 20k just in referral fees for Hard Money referrals"
Pending Sales - 4 Deals
On Market - 3 Deals
Deals Under Rehab - 4 Deals
Projected Profits - $2,650,000
That's 22 Deals total since they went to Bus Tour Sept 2014

MELVA & LEON

1st Property made $37,328
2nd Property made $52,865
3rd Property made $100,105
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

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